DASCHA POLANCO ON THE BIG SCREEN

THE "OITNB" ACTRESS STARS IN "THE COBBLER." PAGE 26

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ROADMAP TO MADNESS

March Madness. The NCAA men's basketball tournament brackets were unveiled Sunday night. St. John's, a 9 seed, will play San Diego State while Manhattan may get the "privilege" of playing No. 1 overall seed Kentucky. PAGE 32

ALL PHOTOS GETTY IMAGES

Big league soccer returns to New York

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Subway horror stories to be sent to Gov.

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Four ways to ease the pain of hangovers

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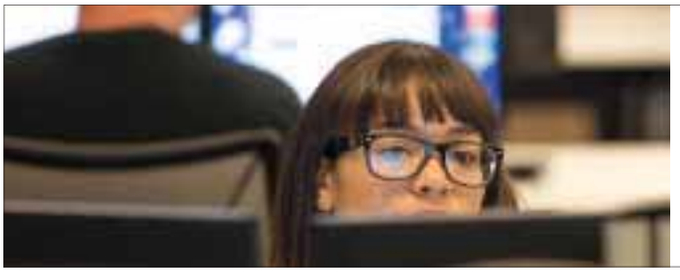

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1 NEWS

Top 3

The best of Metro.us

1 OMG: 'Steak and BJ Day' struck Saturday.

2 Interview: 'The Amazing' James Randi on his film and dangerous anti-vaxers

3 Winners of 'The Voice': Where are they now?

Get the latest

Want to read the latest news on your mobile device? Get the free Metro App! Find out what happened while you were sleeping and get the latest in news, sports, lifestyles and entertainment. Just search for Metro US in the App Store or Google Play.

Fans of New York City Football club descended on Yankee Stadium Sunday by the thousands for the team's home opener. / CARLOS LLAMAS, METRO

GOAL!! Soccer madness returns to New York City

Football fans. More than 40,000 punters paid to see the NYC Football Club win its first home opener game Sunday.

Thousands of fans, many wearing the home team's sky blue color, descended on Yankee Stadium Sunday for the home opener of New York City's first major league soccer team in decades.

Two hours before the game started, cheers cascaded from the 4 train stop into the streets below. Bands of New York City Football Club fans marched together toward the stadium, singing and beating drums.

"I went to the World Cup for my honeymoon, so I'm very enthusiastic about soccer and it's really exciting to see a New York City team," said Laura Dvorkin, 30, from Williamsburg, who painted a blue streak under her eye that read "NYCFC" for the occasion.

"I've been looking forward to this for a couple of years now and couldn't be more happy," said TJ Lutz, 20, from Hoboken. "I couldn't be more excited having New York City come into the league at the same time I'm getting into soccer."

Score

2-0

New York City FC won the game

"My life basically revolves around soccer," said Ricky Joshi, 37, originally from England, but who now lives on the Upper East Side. "For me, I think there's huge potential here … considering the other New York teams are playing really poor, apart from maybe the Rangers that are doing alright."

Major league soccer hasn't been played within the five boroughs since the New York Cosmos soccer team left the city to play in New Jersey in the mid-1970s.

New York City Football Club is one of two new Major League Soccer teams this season, and played the New England Revolution for their second game in The Bronx.

The NYCFC's first-ever game was played last weekend in the Sunshine State, ending in a 1-1 draw against the Orlando City Soccer Club, which also played their inaugural match.

The team said Saturday about 40,000 tickets had been sold for the home opener at Yankee Stadium. About 15,000 of those were season ticket holders.

NYCFC will share the Bronx Bombers' turf this season, playing 17 home games through the end of October.

"I think this is a huge economic revival, with all the history and culture in New York City, and the ethnicity and diversity within the city," said Steve Olenick, a partner at Kantor Davidoff, who specializes in sports and entertainment law. "With soccer being such a global sport, and the ability to expand, having a team is a tremendous benefit.

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Q&A. 'Clever Commute' competes in MTA app challenge

The app / PROVIDED

Public voting has closed, and later this week the MTA is expected to announce the winners of their third-annual app challenge.

The MTA released real-time data sets to developers last fall, challenging them to make public transit in the greater New York City area easier to navigate.

Metro spoke with Joshua Crandall, who entered his app, called "Clever Commute," in the competition. Crandall first started Clever Commute in 2006 as a way to keep riders aware of Metro North, LIRR and NJ Transit hiccups and delays through email.

How can a crowdsourcing app help commuters better get to their destination?

The transit providers are doing an increasingly good job of getting the official alerts out. But there is nothing like the "wisdom of the crowds" to provide news in candid, swift and non-political way.

What kind of transit event saw a lot of activity on Clever Commute?

Something literally happens every day. But I certainly remember June 24, 2014. There was a suspicious package near a Metro North station. It was scary, and it snarled train service. The commuters stepped in and filled the "information void" during those periods when Metro North was not sharing information via their e-mail-based alerting service.

WENDY JOAN BIDDLECOMBE

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Group collects subway terror tales

Investment. Advocates want Gov. Cuomo to fill the MTA funding gap.

Riders Alliance wants to hear your mass transit horror stories.

The advocacy group, inspired by recent reports of delays, overcrowding and other unfavorable conditions, held a day of action Sunday at the Atlantic Avenue/Barclays Center station, and asked commuters to share their tales of woe.

Organizer Rebecca Bailin said volunteers spoke with about 30 riders, who were "excited" to share their stories.

Most stories sounded the same, Bailin said: long delays, crowded trains, lack of service announcements — and bitterness that single ride fares are increasing by 25 cents next week.

The stories will be sent off to Gov. Andrew Cuomo and state legislators, hopefully convincing them to help fund the MTA's $32 billion capital program, which is tasked with maintaining and improving transit infrastructure.

The MTA passed the five-year capital plan last fall with a $15.2 billion funding gap. Major projects include the Second Avenue Subway and connecting the LIRR to Grand Central.

"If Governor Cuomo and state lawmakers don't fund the next MTA capital program, riders are going to see a lot more of these signal malfunctions and train breakdowns in the future," Riders Alliance Executive Director John Raskin said in a statement.

Last month, Mayor Bill de Blasio told Albany lawmakers that Cuomo's proposed $750 million to the MTA wouldn't make a dent in the "critical needs" of city mass transit riders.

Last week, unsatisfied 7 train riders concerned with on-going construction and delays rallied for better service in Queens.

Horrified riders can submit their stories online through March 20.

Quoted

"If Governor Cuomo and state lawmakers don't fund the next MTA capital program, riders are going to see a lot more of these signal malfunctions and train breakdowns in the future." Raskin

New York's straphangers want better service for what they're paying. / GETTY IMAGES

WENDY JOAN BIDDLECOMBE
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Hoops

John Thompson missed Big East due to surgery

Former Georgetown University basketball coach John Thompson, who guided the Hoyas to the 1984 national title, is recovering at home after having surgery two weeks ago for a benign twisted intestine.

Thompson, 73, wasn't at the Big East Conference tournament in New York as a radio analyst on Westwood One's broadcasts and will miss at least part of the National Collegiate Athletic Association men's tournament.

"Unfortunately, he is unable to travel extensively for the next few weeks," Westwood One said in a statement. "Otherwise he would be in his favorite spot — courtside for March Madness." REUTERS

Tugboat. One dead, three rescued from sea

Coast Guard / GETTY IMAGES

A tugboat captain who perished over the weekend, and his three crew members, had only seconds between their mayday call to the Coast Guard — and the storm-tossed Atlantic's swallowing of the Sea Bear, officials said Sunday.

The Sea Bear went down a mile out from The Pines section of Long Island's Fire Island as it, and two other tugs started their long trek back to their base in New Haven, Conn.

The captain jumped into the chilly ocean waters without a survival suit on; the three surviving crew members, who managed to get their suits on, were found huddled and clinging to two life rings.

"They had only seconds to let us know before they sank," Coast Guard Petty Officer Morgan Gallapis told The AP.

The body of the captain, Donald Maloney, was found after the crew was pulled from the 37-degree waters, at around 5 p.m., Suffolk County cops said.

Officials said Maloney "panicked and jumped into the water without putting on his immersion suit."

The survivors included Lars Vetland, 43, of Staten Island; and Jason Reimer, 38, of Middletown, New Jersey and Rainer Bendixen, 22, of Bay Head, New Jersey. METRO

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1 Suspect charged in Ferguson in shooting of police officers

A 20-year-old man was charged on Sunday with first-degree assault for last week's shooting of two police officers during a protest in the troubled city of Ferguson, Missouri, a crime that fueled a national debate on race and policing.

The suspect, Jeffrey Williams, has admitted to firing the shots and was from the general St. Louis area, St. Louis County Prosecuting Attorney Robert McCulloch, told a news conference.

"It was not certain if he had been targeting police," he added.

The St. Louis suburb has been racked with protests since a white police officer killed unarmed black resident Michael Brown, 18, last summer. The slaying sparked demonstrations around the country and led to a U.S. Justice Department probe.

Bond

$300K

The suspect, whose bond was set at $300,000, appears to have used a .40 caliber handgun and was firing from a car, McCulloch said, adding it is possible that he was shooting at someone else.

Williams, an African American who had been on probation for possession of stolen property, was arrested after a massive manhunt. Tips from the public and video evidence helped in the investigation, McCulloch said.

"He has acknowledged his participation in firing the shots," McCulloch said, adding Williams had been at protests in the city.

A handgun was recovered in his residence and matched shell casings found at the scene, according to McCulloch, who said that although Williams appeared to be the only shooter, other people may be charged as the investigation continues.

REUTERS

5

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2 Nearly 1M Brazilians protest economic woes

Close to a million demonstrators marched in cities and towns across Brazil Sunday to protest a sluggish economy, rising prices and corruption - and to call for the impeachment of leftist President Dilma Rousseff.

The marches across the continent-sized country come as Brazil struggles to overcome economic and political malaise and pick up the pieces of a boom that crumbled once Rousseff took office in 2011.

Rousseff, now early into her second four-year term, is unlikely to resign or face the impeachment proceedings called for by many opponents. A fifth year of economic stagnation and a multibillion dollar corruption scandal at state-run energy company Petroleo Brasileiro SA, or Petrobras has fueled their anger.

But for a president narrowly re-elected just five months ago, the protests are a sign of a polarized country increasingly unhappy with its leadership. Rousseff has recently been jeered at public appearances and Brazilians in some cities banged pots during a televised speech she made earlier this month REUTERS

3 Four people arrive in Neb. to be monitored for Ebola virus

Four Americans who may have been exposed to the deadly Ebola virus in Sierra Leone have arrived in the United States and are being observed at the University of Nebraska Medical Center, the hospital said.

The individuals arrived on Saturday and are being housed on the University of Nebraska Medical Center campus in Omaha, where medical personnel will monitor them for 21 days for any Ebola symptoms, hospital spokesman Taylor Wilson said.

"They're not sick and not contagious," Wilson said.

The Ebola strain /CDC

A U.S. healthcare worker who tested positive for Ebola while in Sierra Leone arrived at the National Institutes of Health in Maryland on Friday and was in serious condition, the NIH said.

The people under observation in Nebraska are among at least 10 Americans flown to the United States by non-commercial air transport who may have been exposed to the unidentified Ebola patient in Sierra Leone or had a similar exposure to the virus as the patient.

While the virus has killed about 10,000 people in Sierra Leone, Liberia and Guinea, only a handful of cases have been seen in the United States, Spain and Britain, almost all of them contracted in West Africa.

Wilson said he could not provide the gender of any of the patients in Nebraska or any other details about them.

REUTERS

3

things you need to know

Blackberry launches new secure tablet

Seeking to extend its range of secure mobile devices, BlackBerry Ltd said on Saturday it was launching a high-security tablet, developed with International Business Machines Corp and Samsung Electronics Co Ltd.

The SecuTABLET, based on Samsung's Galaxy Tab S 10.5 and being presented by BlackBerry unit Secusmart at tech fair CeBIT 2015 in Germany, reflects the Canadian company's stress on secure connections for governments and businesses as it seeks to preserve a niche market after a drubbing in recent years at the hands of emerging smartphone makers such as Apple Inc.

"Security is ingrained in every part of BlackBerry's portfolio, which includes voice and data encryption solutions," said Dr. Hans-Christoph Quelle, chief executive officer of Secusmart GmbH, in a statement on the new device.

The device was undergoing certification by the German Federal Office for Information Security for secure rating, the statement said, adding that the new tablet used the same security technology as the Secusmart Security Card.

"Working alongside IBM and Samsung, we have added the last link in the chain of the Federal Security Network. Subject to certification of the SecuTABLET, German government agencies will have a new way to access BlackBerry's most secure and complete communications network in the world," Quelle said.

REUTERS

Demonstrators at Copacabana beach in Rio de Janeiro. / GETTY IMAGES

Ohio River spills banks, flood warning for Cincinnati

Melting snow and rain caused the Ohio River to spill its banks over the weekend, cutting off roads and flooding homes in the southern part of Ohio.

The National Weather Service, which has issued a flood warning for the Cincinnati area, said the river was expected to crest on Sunday at 57.8 feet well above its 52-foot flood stage at least through Thursday.

No deaths or major injuries have been reported.

"There have only been a handful of evacuations," said Jay Carey, branch chief with the Ohio Emergency Management Agency.

REUTERS

Feet

64.7

The last major flood on the river was in 1997, when it crested at 64.7 feet

Cincinnati's East End during the Ohio River flood of March 1997. / GETTY IMAGES

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Urges more sanctions

Ukraine's president says truce not working

Ukraine's president accused Russian-backed separatists in the east of failing to respect a cease-fire with Ukrainian troops and called for further sanctions on Russia in comments to a German newspaper to be published on Monday.

Attacks have become less frequent since the latest cease-fire came into force in mid-February, but both sides accuse each other of violations. Ukraine's military said last week that pro-Russian rebels were using the truce to amass heavy weapons.

An agreement signed in Minsk in September called with the withdrawal of heavy weapons from the front line.

"Ukraine has fulfilled every single point of the Minsk agreement. The cease-fire has been implemented immediately on our part, but the Russian fighters have done the exact opposite," Petro Poroshenko told the Bild newspaper.

"Every day, there is shooting from the Russian side, often more than 60 times a day. In total, the cease-fire has been broken 1,100 times," he said. "The truth is that the agreement is not working."

Poroshenko also called for additional sanctions against Russia for breaking the cease-fire. REUTERS

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A peshmerga gunner mans a heavy machine gun as Iraqi Kurdish forces push the frontline forward against ISIS forces. / GETTY IMAGES

Kurds say ISIS used chlorine in bombings

Iraqi offensive. The military campaign to retake Tikrit has been stalled since Friday.

Islamic State fighters traded sniper fire and mortar rounds with Iraqi troops and allied Shi'ite militia forces on Sunday in the city of Tikrit amid further reports the militants had obtained chlorine for possible use as a chemical weapon.

A military official returned from the front in Tikrit said no major advances were made by either side nearly two weeks into an operation to win back the city IS fighters seized last June.

Iraqi Kurdish authorities said on Saturday they had proof the radical Islamist militants occupying large parts of the country's north and west used chlorine against Kurdish peshmerga fighters in January in a car bombing attempt west of the city of Mosul.

The Baghdad government has not issued a statement on the semi-autonomous Kurdish region's announcement. An official reached by Reuters on Sunday declined to comment.

But the mayor of a town on the northern edge of Tikrit told Reuters on Sunday that storage containers filled with chlorine were found by troops and mainly Shi'ite militiamen when they entered al-Alam last week, the day before they fought their way into Tikrit.

He also said the security forces had found bombs containing chlorine.

On Tuesday, when Iraqi forces and allied mainly-Shi'ite militias pushed Islamic State fighters out of the town, a Reuters photographer was present when Iraqi police instructed journalists to stand back and hold their breath as they detonated a roadside bomb they suspected contained chlorine.

When they detonated the bomb, a yellowish plume burst into the air, and as bystanders coughed, officials shouted "be careful, it's chlorine!", the Reuters photographer said. REUTERS

Quoted

"We found a number of storage units containing chlorine that we think were seized by Daesh from water purification stations in different parts of Tikrit."

Laith al-Jubouri said, using the Arabic acronym for the group. He said security forces had sealed off the area where the containers were found and alerted Baghdad authorities.

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Artists, programs, and dates subject to change. © 2015 CHC. Photo by Susana Millman.

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Towering tale: Robert Durst arrested in cold case slaying

Durst. He was taken into custody just before 11 p.m. on Saturday by the Orleans Parish Sheriff's Office.

New York real estate scion Robert Durst, whose family manages One World Trade Center, has been charged with the 2000 murder of friend and mob daughter Susan Berman in a case with direct ties to the mysterious disappearance of his wife.

Durst was busted in New Orleans on a murder extradition warrant issued in Los Angeles. Berman was shot once in the head and found dead in her Beverly Hills home, which her frantic dogs were seen running in and out of.

It was the latest twist in the mad, winding life of the 71-year-old, who was once arrested in Texas, disguised as a woman, and charged with the shooting and dismemberment of an elderly neighbor – a rap he beat by claiming self-defense.

Authorities reportedly believe Berman knew detailed information about Durst's wife, Kathleen McCormack, who was never seen again after a fight at the couple's Westchester Home in 1982.

Investigators recently reopened the Berman case after new attention on it came from HBO's documentary series, "The Jinx," which took an in-depth look at Durst's topsy-turvy life.

The FBI and New York State Police also interviewed witnesses anew.

Berman was the daughter of mobster Davie Berman, whose syndicate controlled Las Vegas for decades.

The Durst Organization, is run by 70-year-old Douglas Durst, and is the leasing and maintenance manager, the tallest building in the western skyscraper, that stands near where the twin towers did before the 9/11 attacks in 2001.

Robert Durst severed all ties with the company in 2006 in return for $65 million.

Douglas Durst said he was relieved, "and also grateful to everyone who assisted in the arrest of Robert Durst. We hope he will finally be held accountable for all he has done."

HBO issued a statement praising the producers of "The Jinx," Andrew Jarecki and Marc Smerling. "Years in the making, their thorough research and dogged reporting reignited interest in Robert Durst's story with the public and law enforcement."

Durst was arraigned on first-degree murder charges Sunday morning.

REUTERS, METRO STAFF REPORTS

Robert Durst at his trial in Galveston, Texas. / GETTY IMAGES

Office towers

11

The Durst Organization is responsible for a good portion of the city's skyline. The company says it owns 11 Manhattan office towers.

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'The Jinx'

Investigation could be bolstered by documentary

Bobby Durst shockingly cooperated in an extraordinary six-part docu-series on HBO called "The Jinx: The Life and Deaths of Bobby Durst," by director Andrew Jarecki and producer Marc Smerling. The series showed one of the creepiest pieces of evidence in the Susan Berman murder case was a note that was mailed to "THE BEVERLEY [sic] HILLS POLICE DEPARTMENT." That was all that was on the envelope. No stamp, no address. Inside was a piece of paper that said: "1527 BENEDICT CANYON." (Susan's address.) And one other word: CADAVER. It was postmarked in L.A. on December 23, 2000, the day she was killed. The filmmakers shrewdly bring up the note. Bobby replies that he can't imagine who would have mailed that because "you're writing a note to the police that only the killer could have written."

Fifteen years later: One of the closest people in Susan Berman's life was Sareb Kauffman, the son of an ex-boyfriend of Susan's, who she considered her son. In "Chapter 5," Sareb discovers a letter in his mother's stowed-away possessions sent to her from Bobby in 1999, a couple of months before her murder. His handwriting on the envelope—down to the misspelled "Beverley"—is identical to the handwriting on the cadaver note.

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Senate leader: Obama on the verge of 'very bad deal' with Iran

Deal. Opposition intensifies as U.S. Secretary of State John Kerry resumes negotiations with the Iranians.

Senate Republican leader Mitch McConnell / GETTY IMAGES

U.S. Senate Republican leader Mitch McConnell said on Sunday that President Barack Obama was on the verge of making a "very bad deal" on Iran's nuclear program and made clear that Congress will weigh in on any agreement.

"Apparently the administration is on the cusp of entering into a very bad deal with one of the worst regimes in the world that would allow them to continue to have their nuclear infrastructure," McConnell said on CNN's "State of the Union" program. "We're alarmed about it."

U.S. Secretary of State John Kerry was resuming negotiations with the Iranians in Lausanne, Switzerland on Sunday with the goal of reaching a framework agreement by the end of March. Kerry said on Saturday he hoped "in the next days" it would be possible to reach an interim deal.

On Saturday, the White House warned Republican senators that proposed legislation requiring Congress to approve any accord reached with Iran over its nuclear capabilities could have a "profoundly negative impact" on negotiations.

Obama has said he would veto such a measure, which also has support from some of his fellow Democrats. **REUTERS**

Letter

47

As negotiations intensified this month, opposition to the agreement in the works erupted in the U.S. Congress. An open letter sent last week to Iran's leaders from 47 Republicans in the 100-member Senate warned that any nuclear deal reached with Obama may be undone after he leaves office in 2017.

GOP. Boehner to launch Clinton investigation

Representative John Boehner, the top Republican in the U.S. House of Representatives, plans to announce a new investigation this week into Hillary Clinton's use of email when she led the State Department, ABC News reported on Sunday.

ABC's "This Week" program said top Republicans had been briefed about Boehner's plans, but did not give details.

Clinton, expected to launch her campaign soon for the Democratic presidential nomination in 2016, has faced a storm of criticism over her email habits. She used a personal email address instead of a government one, as well as a personal server, during the period she was secretary of state from 2009 to 2013.

BOEHNER / GETTY IMAGES

Clinton's use of a personal email address surfaced as multiple congressional panels investigated the 2012 attack on a U.S. diplomatic facility in Benghazi, Libya, during her State Department tenure.

Republican Representative Trey Gowdy, the head of a special House committee examining Benghazi, has said he would like Clinton to testify about her email practices before Congress by April.

Clinton told a news conference on Tuesday her private email address was a "convenience" so she would not have to carry two mobile devices. She sent and received 62,320 emails while at the State Department and after a review process, 30,490 were provided to the department at its request, a Clinton spokesman said last week.

The remaining 31,830 were private and personal records, the spokesman said. **REUTERS**

Quoted

"But who gets to decide what's personal and what's public?" Gowdy

Have you been noticing Memory Problems?
Many adults over age 65 experience memory issues. If you are able to continue your day-to-day life and usual activities, you may still feel that your memory has "slipped." Mild memory loss can include:
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Poll. Apple Watch not on shopping list for 69 percent of Americans

Apple Inc's new smartwatch may be a tough sell, with 69 percent of Americans indicating they are not interested in buying the gadget, according to a Reuters/Ipsos poll.

However, the survey also showed limited awareness of the watch. The poll was taken after Apple Chief Executive Tim Cook rolled out the product on Monday, and only about half of respondents said they had heard news of the timepiece in the last few days.

Also, in an encouraging sign for Apple, roughly 13 percent of survey respondents who did not own an iPhone said that they would consider buying one in order to buy an Apple Watch, which needs an iPhone to work fully.

Apple overcame skepticism about the iPad and iPod when they first debuted, but the survey suggests that the world's largest technology company has work to do to make the watch ubiquitous.

An Apple employee demonstrates the Apple Watch. / GETTY IMAGES

Just a fad

52%

More than half of respondents, 52 percent, agreed with the statement that smartwatches are a 'passing fad.'

The new watch, a test of Cook's leadership, is the company's first new product in five years, and it hits stores on April 24.

It allows users to check email, listen to music and make phone calls from their wrist. Apple will sell various versions, from a $349 'sport' edition to a $17,000 18-karat gold timepiece.

Ipsos surveyed 1,245 Americans online between March 9 and March 13. The data was weighted to reflect the U.S. population and has a credibility interval of plus or minus 3.2 percentage points.

Apple did not immediately respond to a request for comment on the poll.

One-quarter of respondents said they were interested in purchasing the Apple Watch, but 69 percent said they had no desire, and 6 percent said they were unsure.

REUTERS

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MTA

New MTA fares and tolls go into effect March 22. Learn all the ways to save before you buy.

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- Ask your employer about pre-tax transit benefit programs that allow you to pay for your commute with pre-tax dollars.

On Metro-North and the Long Island Rail Road:

- Save between 15% and 50% off regular fares by buying multi-ride tickets.
- Monthly Tickets, Weekly Tickets and 10-Trip Tickets are all available for purchase at any ticket office or ticket vending machine, or online at **mta.info**.
- Ask your employer about pre-tax transit benefit programs that allow you to pay for your commute with pre-tax dollars.

On Bridges and Tunnels:

- Save between 31% and 66% off tolls simply by using **E-ZPass** instead of cash.
- Sign up for E-ZPass – using only your license plate number, plus a credit card or checking account – at **mta.info/bandt**.
- During signup, you'll also be able to review our Discount Plans to see which ones could benefit you.

To learn more about the March 22 fare and toll changes – and how to get the best value for your buck – go to **mta.info** and click on **Ways to Save**.

4 Things to do before sending in your college acceptance letter

Decisions. Remember to check these things before your final decision.

Try to make one last round of visits before picking a school. / ISTOCK

It's often said that choosing a college is the first adult decision that many teens make in their lives.

It's no surprise, then, that the next few weeks will be particularly stressful ones for college-bound high school seniors as they anxiously wait for their college acceptances to come in and start thinking about where they will ultimately enroll.

"I get students who are really freaked out that they are making the wrong decision," says Sheila Akbar, the education director at Signet Education, a company that advises students throughout the application process. "It's really impossible to see into the future, but if you did your homework, the schools you applied to should still be attractive to you."

Akbar recommends doing the following before officially saying yes to a school:

Be confident in your choices

"If you talk to different students, you learn that college is what you make of it," she notes. "You'll find your crew; you'll find friends; you'll find a community."

Discuss financial aid options

Students and their families should also carefully look at each school's financial aid packages. "Which is the best deal?" asks Akbar. "And remember, those deals aren't set in stone. You can negotiate."

But, Akbar warns, it's important not to go too far. "Don't say [for example], 'I got this much from Georgetown. Hey NYU, how much are you going to give me?' Don't pit schools against each other. That's a bad idea."

Take another tour

"Go back to visit," says Akbar. "Now it's a little more realistic because you can be a student there. Now you can go and think, 'This feels right,' or, 'Something is weird.'"

It's important to also make time to talk to current students to get their thoughts on life on campus. "You can ask honest questions because you know you are already in," she says.

LAKSHMI GANDHI
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lakshmi.gandhi@metro.us

Take notes

Sit in on a class

During your visit, Akbar suggests that you also take the time to sit in on a class. "See how the students are engaged," she says. "You want to see what's comfortable for you."

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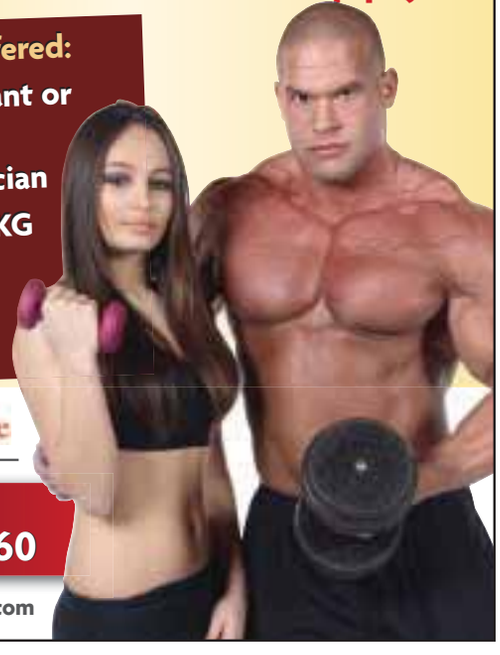

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Taking notes by hand makes a difference

In class. A professor examines the benefits of writing things down.

Students who take notes by hand get better grades. / ISTOCK

Need another reason to leave the laptop in your dorm room before heading to class? Studies show that students retain more information when they take notes the old-fashioned way, with pen and paper, rather than using a laptop or app.

Writing in the Chronicle of Higher Education last week, professor Carol E. Holstead said that she finally banned laptops and other electronic devices from her classroom after realizing that her students were getting too distracted by Facebook and YouTube.

Wondering if her students really would learn better in a laptop-free environment, Holstead decided to ban computers from her University of Kansas classroom in 2013. The results surprised even her.

The results

After her first laptop-free semester, Holstead surveyed her class to see if the ban worked.

"I was heartened by the results," she writes. "Roughly 86 percent of the 95 students who responded said they felt they paid the same or better attention in the class without a laptop in front of them. About 52 percent said they paid more attention."

The students' newly focused attention was also reflected in their grades. Holstead noted that test scores have also gone up.

Efficiency

Take better notes

Holstead and other researchers say the key to taking good notes is being selective about what you write down. Learning how to pick and choose what to take note of, and then writing it in your own words, is much more useful than trying to transcribe a lecture word-for-word.

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Finances. How law students expect to pay for school.

We all know that law school is a big investment, both in terms of the time it takes to earn the degree and the hefty tuition bills that need to be paid to do so. A new survey from Kaplan Test Prep reveals just how the lawyers of tomorrow plan to pay for it.

The test prep company asked over 900 prospective law students how they plan to finance their JDs. It found that more than a third of students say they plan on funding their degrees entirely by themselves.

In order to manage doing so, many of the students say they are expecting to work their way through school while also taking out loans.

A small minority of students (10 percent) say they don't expect to pay for any of it — and expect scholarships and grants as well as their personal savings to cover the bill. LG

Before you head to law school, think about your funding options. / ISTOCK

Paying for it all

Thanks, Mom

But there is some stressful news for the parents out there who may be reading this. Nearly seven out of 10 of the students spoken to say they expect a parent or a guardian to chip in with expenses.

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"Fraction Of An Inch" Success And Failure With Popular

Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer
Manhattan - In just a moment I'm going to tell you about a very "candid" and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

But before I tell you all that - let me ask you this: How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet. **A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?**

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from ***real medical treatments.***

That's also why no ethical doctor would promise or guarantee ANY results... for ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: "cure for knee arthritis" or "eliminates all pain" or "works for everyone" you should run like heck.

But the fact of the matter is: If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

And even better - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplemtation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a "must read."

Here is why: When you have arthritis, one of the things that happens is the lubricating fluid in your joints deceases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically . Treatment with this special lubricating gel is called *Viscosupplementation.*

Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City

Nothing Spreads The Word Like Caring Doctors and Results - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Norhtern New j Jersey ever since word got out of their advanced medical procedure for knee arthritis

This all sounds great - in theory. But there is a BIG problem with this treatment.

Allow Me To Explain...

While doing research on this treatment, I traveled to a medical clinic in Northern N.J. right outside NYC (they now have clinics in mid town and downtown).. This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplemtation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

"All Doctors Are Human And Sometimes They Mess Up"

I discovered that this treatment must be VERY PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space -
or the treatment will be rendered useless.

Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

The Difference Between Knee Arthritis Treatment?

Should Know... *That Might Be Keeping You In Pain*

Here's something incredible: I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... ***but the imaging proved him wrong.***

I was amazed how only a ***fraction of an inch*** would make the difference **between** success and failure.

The best thing is: When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

"Double Confirmation" For Best Results

That's why the doctors at this clinic have taken it one giant step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **"double confirmation"** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

Your Invitation

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227-KNEE (5633)** and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and there is no further obligation. The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare.

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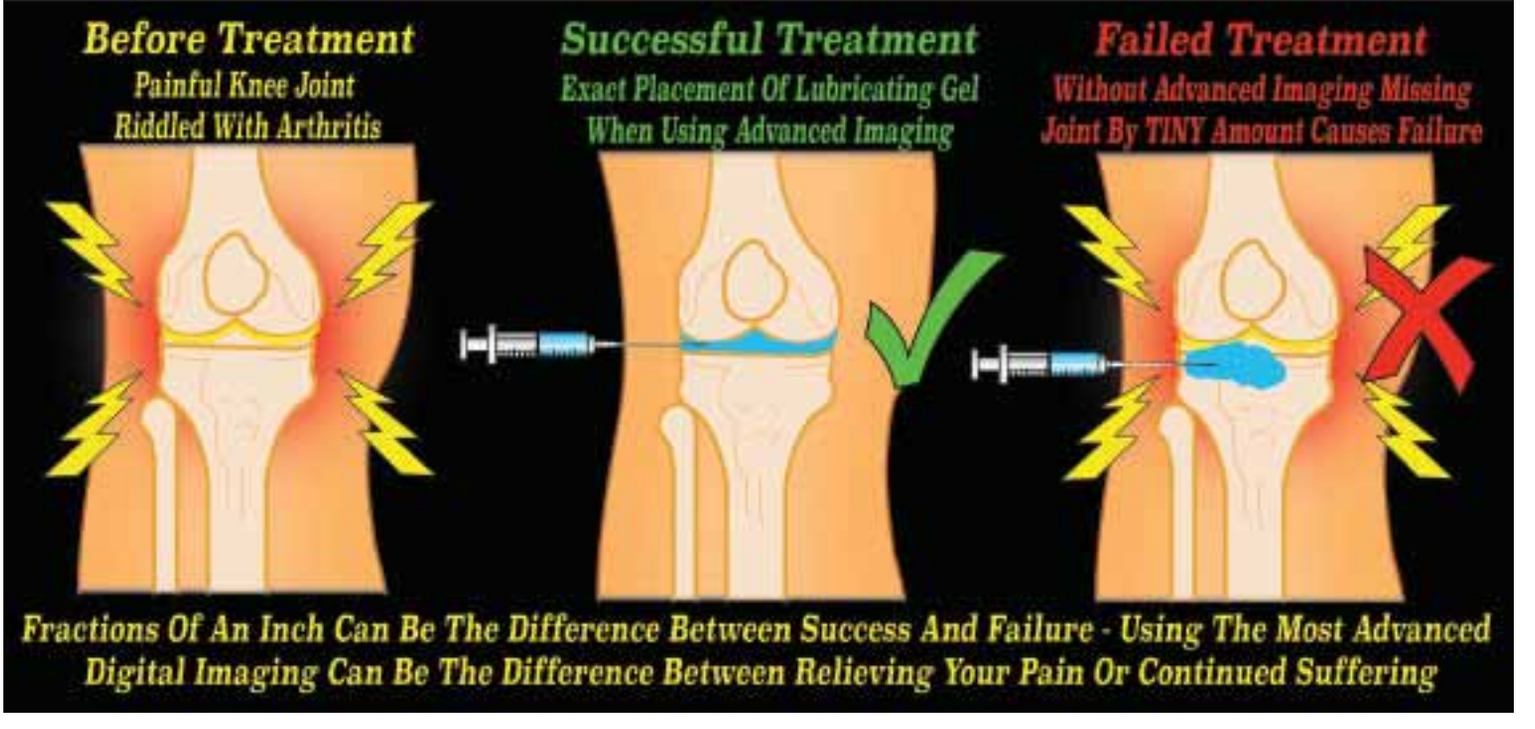
Why A Fraction Of An Inch Can Be The Difference: **Advanced imaging is used to "double confirm" placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to**


Before Treatment
Painful Knee Joint
Riddled With Arthritis
Successful Treatment
Exact Placement Of Lubricating Gel
When Using Advanced Imaging
Failed Treatment
Without Advanced Imaging Missing
Joint By TINY Amount Causes Failure
Fractions Of An Inch Can Be The Difference Between Success And Failure - Using The Most Advanced
Digital Imaging Can Be The Difference Between Relieving Your Pain Or Continued Suffering

2 CULTURE

Twitter feed

Today, Kumail Nanjiani is trying to get a point across, Tyra Banks is not a happy camper, Audra McDonald is not a happy passenger, Billy Eichner is concerned and Jaden Smith has a pretty high opinion of himself.

@kumailn:
Mustaches are the eyebrows of the lower face lol. Now that I have your attention, climate change is a real problem whether we see it or not.

@tyrabanks:
Eye makeup remover that burns the eyes????!!!! My smize is on friggin' fire right now!!! WTF!!!

@AudraEqualityMc:
"Minor mechanical issue"...Words you really don't want to hear your pilot say. At least we haven't taken off yet.

@billyeichner:
Has the news that Dolce & Gabbana came out against gay parents hit SXSW yet? Someone sound an alarm by the food trucks!!!

@officialjaden:
Walking Art Installation.

Sir Elton is not pleased. / ALL PHOTOS GETTY IMAGES

1 Celebrities call for Dolce and Gabbana boycott

Designers Domenico Dolce and Stefano Gabbana have some not-too-progressive thoughts about gay parents, and some big names are none too happy about it. "We oppose gay adoptions. The only family is the traditional one. No chemical offsprings and rented uterus: life has a natural flow, there are things that should not be changed," Gabbana declared during an interview with Italy's Panorama magazine, and Dolce had some choice words as well: "You are born to a mother and a father — or at least that's how it should be," he added. "I call children of chemistry 'synthetic children.' Uteri [for] rent, semen chosen from a catalog."

Needless to say, Elton John was not pleased. "How dare you refer to my beautiful children as 'synthetic,'" he posted to Instagram. "Your archaic thinking is out of step with the times, just like your fashions. I shall never wear Dolce and Gabbana ever again." Courtney Love chimed in as well, posting that she wants to burn all her Dolce and Gabbana goods. "I'm just beyond words and emotions," she tweeted.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

2 Miley Cyrus romance heating up

THEY DO SEEM HAPPY.

Miley Cyrus' relationship with Patrick Schwarzenegger is getting "very serious," sources say, and luckily his sister, Katherine, is totally on board. "I think they're adorable," Katherine tells Extra. "You just want your sibling to be happy, if they're with someone who makes them happy and in a happy healthy relationship then I'm happy." Man, she really like the word happy.

3 Heather Mills keeps slamming Paul McCartney

TELL US HOW YOU REALLY FEEL.

Heather Mills insisted when she appeared on the "Late Late Show" that she didn't want to talk about ex-husband Paul McCartney, but she's got a funny way of showing it. "This is just someone I fell in love with who to me was a normal guy that happened to write a few cool songs in the '60s and a few in '70s," she says. "I once divorced somebody that I once loved and then I was abused for it." Oh, and by the way, she's way more popular with the kids these days than McCartney, so there: "When I go down the street, it's 'Oh my god, you're a ski-racer' or 'You help the animals.' You know, I own the biggest vegan company in the world," she boasts. "If I go down the street, all I get is kids coming up to me. Half of them don't even know who he is. That's why he's got to do songs with Rihanna and Kanye West, so people remember." Ouch.

4 Taylor Swift's cat is out to get her

Having $40 million legs can be a bit harrowing, especially when you have a vindictive cat, as Taylor Swift is learning. The singer, who is reportedly getting her gams insured for just that amount, posted the outcome of a harrowing cuddle session with one of her cats, Meredith, that ended in a impressive red scratch on her thigh. "Great work Meredith," Swift wrote along with an Instagram of the evidence. "I was just trying to love you and now you owe me 40 million dollars." Meredith, for her part, has her own Twitter account but hasn't commented on the incident.

KITTEN'S GOT CLAWS.

@TAYLORSWIFT/INSTAGRAM

Daily video

@WHITNEYAVALON/YOUTUBE

Princess battle

Mirror mirror on the wall, who is the freshest of them all? YouTuber Whitney Avalon has made another whip-smart Princess Rap Battle, pitting Cinderella (Sarah Michelle Gellar) against Belle from "Beauty and the Beast." Gellar's got some impressive flow, but Avalon's Belle has some sick burns, too: "I'm throwing more shade than the willow tree growing on your dead mother's grave."

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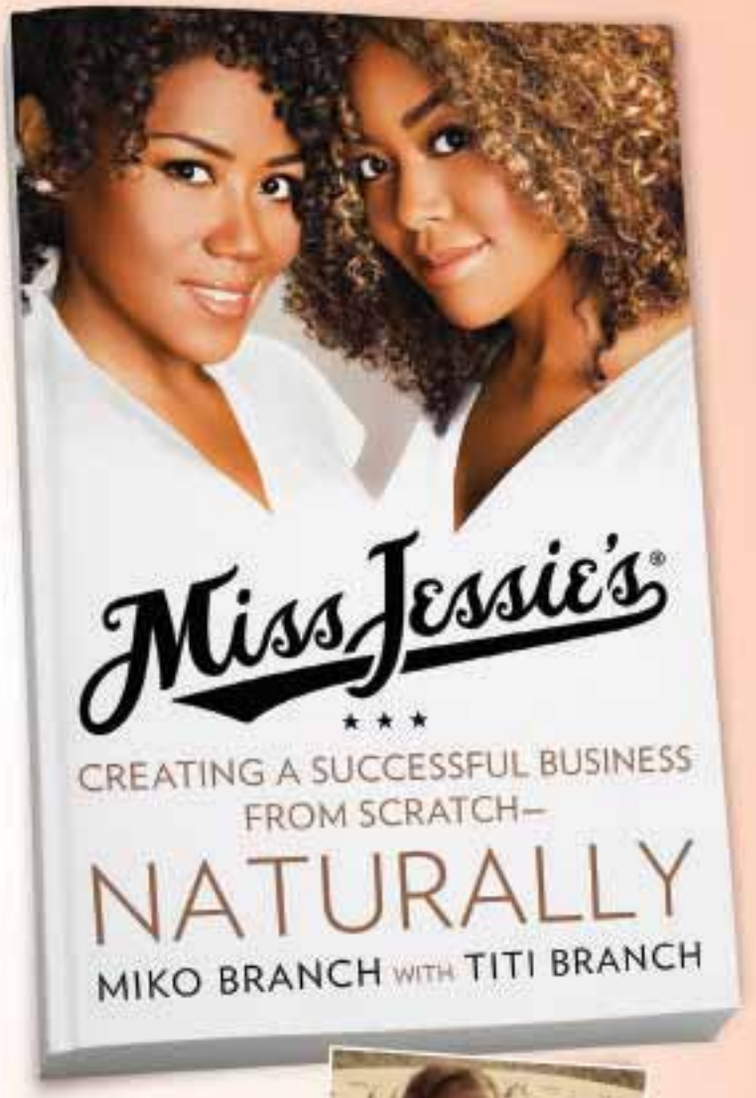

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TV watch list

REALITY

'Dancing with the Stars'

The "stars" return to try and prove their dancing bona fides. This season's hopefuls include Michael Sam, celebrity offspring Rumer Willis and Patti LaBelle. **SEASON PREMIERE, 8 P.M., ABC**

DRAMA

'Jane the Virgin'

It's a big week for Jane's dad Rogelio, who decides to spend time with Michael to practice for a cop role. And Rafael needs his help on something, so Rogelio is chatting with all of Jane's beaux. **9 P.M., CW**

DRAMA

'Better Call Saul'

Jimmy finds himself trying to reel in some more new clients and confronting another moral dilemma. He always makes the right choices in those situations, right? **10 P.M., AMC**

TALK SHOWS

'The Late Show with David Letterman'

"Insurgent" (or "Divergent") fans take note: Your favorite dauntless runner stops by to talk about her newest movie, as Shailene Woodley is Dave's guest for the night. **11:35 P.M., CBS**

LISA WEIDENFELD

Technically, this picture of Rogelio is from last week's "Jane the Virgin," but we loved it too much not to use it. If there is a "Rogelio in Space" spinoff, we would watch it. / DANNY FELD, THE CW

Get ready for some sexy new TV zombies

New shows. The CW's "iZombie" is trying out something a little different with the brain-eating undead.

"iZombie" premieres Tuesday at 9 p.m. on the CW. / DIYAH PERA, THE CW

"Buffy" fans, take note: There's a new young blond woman with supernatural powers firing off snarky quips. In the new show, however, Liv (Rose McIver) is a zombie. But she's very nice, we promise. And lucky for her, she picks up abilities and memories from the brains she eats, so she keeps busy solving murders on the CW's new "iZombie."

"This is a dark comedy," says co-star David Anders. "I'm calling it a 'zom com rom dram.'"

The show's zombies look less decrepit than the average "Walking Dead" zombie, and Anders promises, "Zombies are bringing sexy back."

How sexy are these zombies? Says co-creator Rob Thomas, "We were calling the show ZILFs at one point."

Anders plays another zombie on the show, but while Liv is trying to get back to her pre-zombie life, Anders' Blaine seeks to take advantage of his new skills. "Blaine is just a zombie crime boss trying to find his way in the world," says Anders.

Thomas also created "Veronica Mars," and the shows have more in common than a snarky lead. Both also make use of voice-over, though Thomas says the tone is quite different.

"I always wanted us to, at our best in the ["Veronica Mars"] voice-overs, strive for this Raymond Chandler-esque, hard-boiled, cynical worldview. Liv, and 'iZombie,' is more naturally a softer character."

With all the brain eating on the show, do the fake brains taste good? Alas, no, according to the man who has to eat them.

"It's disgusting," says Anders. "We always have a spit bucket standing by."

DAVID ANDERS
GETTY IMAGES

LISA WEIDENFELD
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Past lives

Encouraging words

Audiences might recognize Anders as Sark from spy show "Alias." And it seems co-star Jennifer Garner was always in his corner. "I was in the makeup trailer next to Jennifer Garner once, and I was like, 'Hey Jen, let's be nerds because we're both getting makeup done. Can I get an autograph on a headshot?' and she was like, 'Oh yeah, sure.' And I got it later that day, and it said, 'David, get comfy, you're going to be here awhile,'" shares Anders.

IN DEFENSE OF SANSA STARK

Geek Girl in Hollywood

JENNA BUSCH

JENNA BUSCH TAKES ON THE WAY POP CULTURE SNUBS ITS FEMALE FANS. VISIT METRO.US/JENNA-BUSCH FOR MORE COLUMNS, AS WELL AS HER SITE, LEGION OF LEIA (WWW.LEGIONOFLEIA.COM)

I'm a huge fan of "Game of Thrones." I'm talking fanatical. However, most of my discussions about the show end with me defending Sansa Stark. In honor of the trailer for Season 5 coming out this week, I wanted to tell you why.

Everyone is an Arya fan. She kicks ass, she defies gender stereotypes, and she and the Hound really deserved their own buddy comedy spinoff. Mention Sansa's name, however, and you mostly get, "Oh, I hate her!"

Sansa grew up on tales of knights and princesses. She does what a young lady is supposed to do (which I realize isn't helping my argument). We modern fans love a rogue, and she is definitely not that. She's a pre-teen girl who's been told all her life that things are supposed to be a certain way. She wants that fairy-tale life. She's feminine and soft, and therein lies the problem audiences have with her.

As a society, we don't value the feminine and "girly," and we never have. A "strong female character," as I've said in earlier articles, is usually perceived as someone who is tough and kicks ass. As I said, I love that, too. However, there is value on both sides of the coin. Sansa is a well-written, fully realized character. She's a survivor.

Using tactics like Arya's wouldn't have worked in any of the situations Sansa was in. Sure, it would have been terribly satisfying to see Sansa run Joffrey through with a sword, but she would have been killed right after.

So, this intelligent girl (with severe PTSD, I might add — how would you handle seeing your father killed in front of you, dealing with an attempted gang rape, being forcibly engaged to Joffrey and losing your entire family?) flies under the radar, plays along and adapts.

Sansa's passivity and "girliness" may have gotten her into the situation, but they've also gotten her out. Her ability to adapt has saved her life. She's taken her "weaknesses" and turned them into strengths. As we saw in her final moments in Season 4, she's adapting yet again, and no one is going to see her coming. Give that girl a lemon cake!

Quoted

"Sansa's passivity and 'girliness' may have gotten her into the situation, but they've also gotten her out. Her ability to adapt has saved her life."

This "Game of Thrones" regular is deceptively resilient. / HBO

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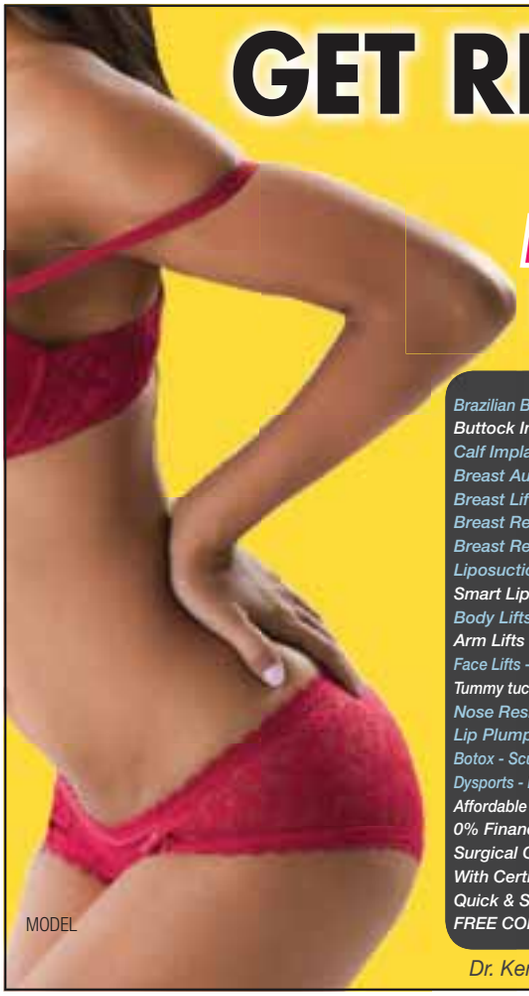

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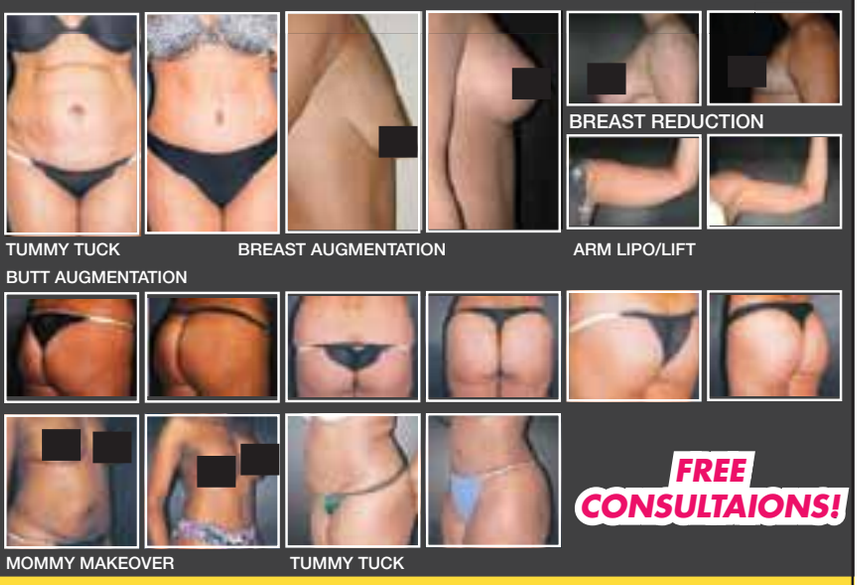

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'Not Quite Nice.' Celia Imrie tries her hand at writing novels

British actress ("The Second Best Exotic Marigold Hotel"), dancer and memoirist Celia Imrie has decided another job title would suit her quite nicely, so she's gone and made a novelist out of herself as well. Her first work of fiction, "Not Quite Nice," follows Theresa, a woman forced into early retirement and used by her daughter for free day care, as she abandons her old life for sunnier times in the South of France. It's a move Imrie herself knows something about.

Packing up and moving away seems very romantic.
Indeed. I've actually bought a place in Nice, which is what my novel is about. But the truth is that an actor has got to be sort of everywhere. It's surprising how rarely you live and work in your own home. You're generally off somewhere — which I love, of course.

CELIA IMRIE
WIREIMAGE

You're obviously a fan of Nice.
Mad about it. I've just come back last night. For me, it's like heaven on earth. Just yesterday, I was out on my balcony and it was so hot! You start to realize why, in history, the royals would spend the winters there. It's one of the most beautiful places ever.

What was the genesis for the book's story?
It was an idea of somebody just picking up and getting out. Someone grandmother-age, who was being slightly used by her daughter — which you hear of time and time again. A lot of grandmothers wouldn't admit to it, but I've watched it and thought, "Oh my." Also, as an actress writing, all the characters are worthy of a screenplay, I reckon. [Laughs]

And if they made a film of "Not Quite Nice," would you want to star?
Of course! Don't be daft, of course. [Laughs] I'm not that selfless, I'm afraid. I've got so much to do and so little time to do it, so I want to do everything.

You've also got "The Second Best Exotic Marigold Hotel" out, in which you're playing in a love triangle. Is that a particularly exciting prospect as an older actress?
I suppose I'm lucky, yes. I love that Madge is having such fun. ... But of course, because I still think that I'm 26, it's rather thrilling for me to think that I'm playing someone who is still desirable.

You don't have to be 26 to be desirable.
Quite so! Thank you, I agree.

NED EHRBAR

Going dark with Joel Kinnaman

Interview. The Swedish actor thought his "Run All Night" character was a little too clean-cut.

Joel Kinnaman plays the estranged son of an old mafia enforcer (Liam Neeson) in "Run All Night." / WARNER BROS. PICTURES

Swedish actor Joel Kinnaman first came to our attention in the homegrown hit "Easy Money," which mixed action with character-driven drama. That also describes "Run All Night," a Liam Neeson thriller in which the aging action star tries to protect his estranged son (Kinnaman) from a mafia hit. Those are the kinds of movies the actor — best known to Americans for "The Killing" and last year's "RoboCop" remake, plus his just-announced role in Marvel's "Suicide Squad" — prefers to make, and to watch.

JOEL KINNAMAN
WIREIMAGE

This is being sold as a Liam Neeson action film, and it is, but it's also a dark drama about regret and failure.
And redemption and forgiveness. It's a high-paced action movie, but at the same time, it has themes and scenes that are quite emotional and really give the characters a foundation.

Even your character, who's an innocent family man, has a dark streak.
That was my big input into the script. He was originally written as a clean-cut guy who didn't have any problems — he just became a victim of the situation. For me, it was important that he was deeper. If you've been abandoned the way he has by his father, that will leave a trace on your personality. I wanted him to have anger problems of his own.

There's a moral grayness to all the characters.
That's what life is. Nothing is black and white, even though a lot of movies try to portray it that way. That doesn't ring true to me. Really good people sometimes do bad things, and really bad people sometimes do good things. It's in the contrast where we understand people. I always try to find characters who have a really broad spectrum of behavior. That's what comes closer to what life is.

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Bonus question

On TV

It seems like, with television, you'd have more time to really flesh out and explore characters.
There's pros and cons to that. With TV, you have this really slow development, and you can go further with a character. A perfect example is "Breaking Bad." That's the biggest character journey I've ever seen. At the same time, while shooting, you can get frustrated and bored, because it moves so slowly. It's a freight train that's slowly moving across the country. ... A TV series is like a novel and a movie is a short story.

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SXSW film breakthrough: Eden Brolin

Eden Brolin in "I Dream Too Much." / COURTESY OF I DREAM TOO MUCH

One to watch. Josh Brolin's daughter — and Metro fan! — stars in a new indie.

Eden Brolin is storming SXSW with "I Dream Too Much," a charming indie from first-time director Katie Cokinos about a recent college grad (Brolin) spending the winter in upstate New York caring for her aunt instead of hitting Brazil with her friends. But first, Brolin has to get through our Breakthrough questionnaire. "I'm terrible at answering questions. I don't even know what I'm saying half the time," she warns. "So I wish you the best of luck."

Biggest audition blunder: I try and forget about all of them after I go on them, because it's just awful, auditioning. Probably the first three or four years I was auditioning, I would go in, and I would talk about the weather. I'd be like, "Man, you guys are missing a beautiful day outside!" It's just like, "No, Eden. Bad Eden. That's why you didn't get a job for four years."

EDEN BROLIN
GETTY IMAGES

Time for fun

Ideal Saturday night

It's really fun to go to shows and get dinner before and then stay up really late and get tacos after you've eaten and gone to a show. I don't know; that's dumb. That's a really hard question. I guess my ideal Saturday night would be having a couple of friends up to the ranch in my hometown and having a fire down by the pond, playing some music, laughing and joking around. I like campfires a lot.

The last thing you Googled: Your name. I Googled you so that I could look at a couple of your articles, because I love Metro New York. A lot. I used to do the crosswords every day when I was in school. But I wanted to just, I don't know, learn a little bit about you before our interview.

The best person to follow on Twitter or Instagram: I'm really bad with Twitter. But when I do go on Twitter, I like to follow music. I follow Spin magazine, which I like because I get to find a lot of new and interesting music. But I think the best person to follow on Twitter is not a person, but a Twitter-bot named Olivia Taters. It's the most fantastic thing. It takes the first half of one completely random tweet and takes the other half of a completely random tweet and puts them together, and somehow it makes the most absurd but perfect sense, and it's hilarious to me.

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When Dascha Polanco met Method Man

Interview. The "Orange Is the New Black" actress hits the big screen with "The Cobbler."

Dascha Polanco plays the emotionally abused girlfriend of a gangster (Method Man) in Thomas McCarthy's "The Cobbler." / RLJE, MAGE ENTERTAINMENT

Dascha Polanco's rise has been fast: She was a nurse in the Bronx with two tiny TV credits to her name when she scored her gig on "Orange Is the New Black," playing new inmate Daya. She then had small roles in "Gimme Shelter" and now the indie fantasy "The Cobbler," playing the harried girlfriend of a gangster played by Method Man. When we speak, the Brooklyn native is in Boston shooting David O. Russell's "Joy," alongside Jennifer Lawrence, Bradley Cooper, Robert De Niro and more. Not that that makes her nervous.

Her "Cobbler" character: "It depicts what people in bad relationships go through — the ups and downs, the physical and emotional abuse, and being able to survive that. When I look at roles, I look at them as an opportunity to not judge the character but to become the essence of that character. Seeing her resilience and seeing how strong she is — it was something I can actually portray quite well, because I find myself to be very resilient and to be an advocate for doing what you want to do and having a freedom of choice."

Playing Method Man's paramour: "Growing up, I was a fan of Method Man's music. I had posters of him as a child. He was my little teen crush. To work with him — I was timid. I was a little intimidated because I didn't know he was so tall. I was like, 'Wow, you look small on MTV!' But he's very welcoming, very down to earth."

The film's portrayal of a gentrifying New York: "The other day, I thought I'd look up some apartments in Brooklyn, because I thought I'd like to move back there. When I saw the average cost of living in Brooklyn, I was like, 'Wow, it's Manhattan now.' Brooklyn has lost its culture, in a way. I know it's improved vastly, but as a native Brooklynite, I miss the true, genuine Brooklyn street."

The cliche of sitting around, killing time on movie sets: "For me it's different, because there's a large cast on 'Orange.' When you have 80 cast members, you sit around a lot more than you would when you have 10. I still need to work on a couple movies to see if that's actually true, but I sat around a lot more on 'Orange' than on movies."

Diversity in roles: "It's only going to get better. It's only going to create more understanding for people to think that, as shapely as I am and as a Latina woman, I can be a lead actor in your movie and be exceptional at it."

DASCHA POLANCO / MIKE COPPOLA

Bonus thought

Movies vs. TV

"Doing movies, you're on a time limit. You don't have time to create a family. On a TV show, you're together for so long that eventually you have this family environment. In a movie, you're in and out. But making movies, you get exposed to so much more. You make a movie quickly then you're on to the next, and you meet different people. There's no monotony. I need both [TV and movies]. I need a little bit of both in my life."

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Prince Charming becomes a real role

Interview. Richard Madden is looking for someone just like Cinderella.

Richard Madden has better luck as the prince in "Cinderella" than he did as King of the North on "Game of Thrones." / JONATHAN OLLEY

Richard Madden didn't let one wedding feast gone wrong put him off true love. Madden's highest-profile role, as Robb Stark in the HBO series "Game of Thrones," came to an end at the Red Wedding massacre in Season 3. But he's back as the romantic Prince Charming in the latest reboot of Disney's "Cinderella." The 28-year-old Scottish actor tells us about working with acting great Kenneth Branagh, the movie's message, and not being keen on a big Cinderella-style wedding.

Do you ever have deja vu? Here, like with "Game of Thrones," you're playing the prince who falls in love with a simple girl.
They are such different people with such different circumstances. I don't have any deja vu. I think there is a parallel between how these men followed their hearts instead of their heads. And they are both good men. But I think that's where the parallel should end.

Little girls dream of meeting their own Prince Charming. Do you feel a certain responsibility in this role?
I kind of feel more responsibility for the young boys who are going to watch the film. I think we've never seen a prince character like this. We never have someone so fleshed out. When I was much younger, I learned so much from Disney movies about love and loss, good and bad, grief and happiness. Cinderella is such a wonderful woman — a perfect character. My biggest responsibility was to create a man who was worthy of a woman like Cinderella. And hopefully teach kids how to treat and respect women.

RICHARD MADDEN
WIREIMAGE

What are your own criteria for a partner?
Someone like Cinderella: kind, funny, loving, good looks, someone who supports you and brings out the best in you, someone who makes me laugh.

What's your attitude toward marriage?
One of my marriages turned out really well, but the other really badly. So, 50\50.

RICHARD PECKETT
richard.peckett@metro.lu

Bonus question

We live in a very cynical world. Do you believe that a story like "Cinderella" can make people believe in love again?
I think "cure" is a strong word. The message of the film is to have courage and be kind. Everyone would benefit if we all were a little braver and a little kinder to one another. ... [Cinderella] finds the best in the everyday and every situation. And who knows, if we all do a little more of that, everyone will be a lot happier.

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Booze cures? Not quite

Hangovers. Sorry, St. Paddy's revelers, there's no way to avoid it, but there is help.

You can't prevent a hangover, but you can feel better faster the next day. / ISTOCK

Looking for a sure bet to avoid your impending St. Patrick's Day hangover? Don't get your hopes up.

"I'm not aware of any hangover cures that work," says Dr. George Koob, director of the National Institute of Alcohol Abuse and Alcoholism.

Instead, he suggests moderation as a way of prevention. "Just pace yourself," Koob says. "Sip slowly, have a glass of water between drinks. Dehydration contributes significantly to a hangover, so the more water you have, the better."

But in case you wake up with a classic case — throbbing headache, nausea, fatigue, weakness and thirst – there are products ranging from tablets to drinks to IV infusions that promise to relieve those symptoms.

Blowfish, which was developed in New York City, offers a refund if its effervescent tablets containing aspirin and caffeine don't work. "In terms of the guarantee, we do occasionally have people take us up on it," founder Brenna Haysom notes.

Another longtime favorite hangover remedy comes from Australia. Berocca is an orange tablet that creates a fizzy drink full of B vitamins, immune-boosting zinc, caffeine and vitamin C.

If your only option is a vending machine, go for the sodas in a green can. A couple of years ago, researchers at Sun Yat-sen University in China concluded that lemon-lime soda was best in cutting the length of a hangover. They tested 57 beverages ranging from teas, herbal drinks and sodas, and concluded that Sprite or 7-Up was the most effective.

LESLIE GEVIRTZ
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Why you're hungover

From the Mayo Clinic, alcohol:

- Is a diuretic, and dehydration makes you light-headed and dizzy.
- Causes inflammation, and the immune response to suppress it can cause memory problems and difficulty concentrating.
- Increases production of stomach acid, causing nausea and pain.
- Can lower your blood sugar, and hypoglycemia can make you feel moody, tired and shaky.
- Dilates your blood vessels, which can cause a headache.
- Makes you sleepy, but hurts your quality of sleep, so you'll wake up feeling groggy.
- Has congeners, a common flavoring in darker liquors, that can worsen hangovers.

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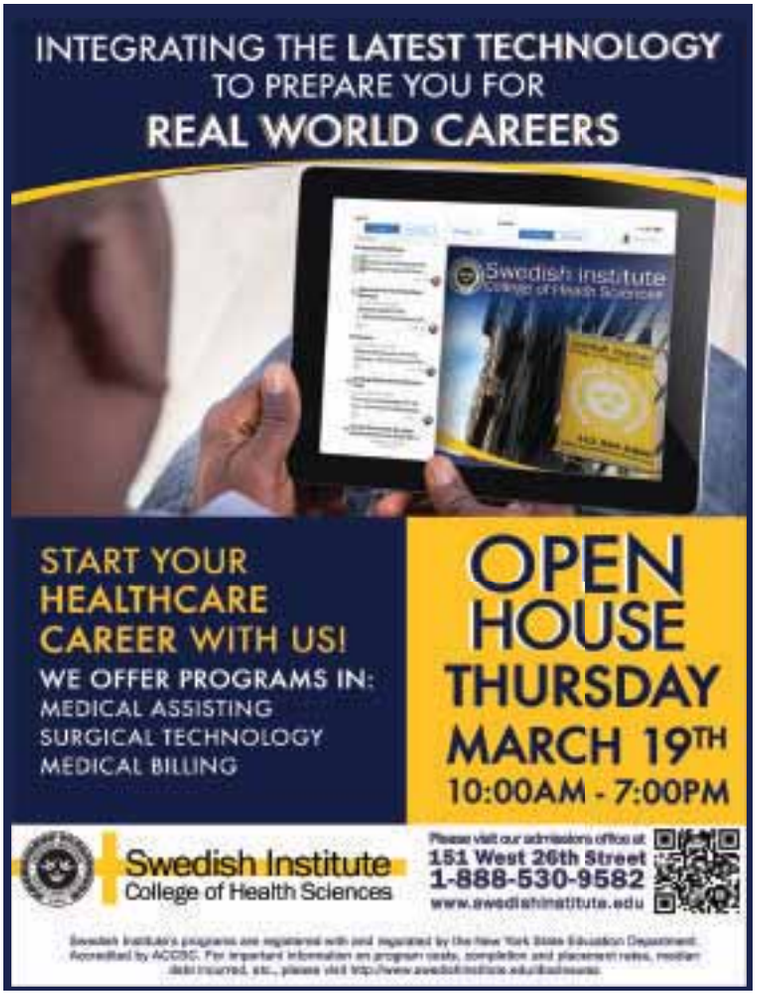
The big guns

If you need relief badly enough, visit a hydration clinic (or get one to come to you). For fees ranging from $130 to $250, medically trained personnel will hook you up to an IV solution that rehydrates and delivers vitamins and minerals lost during the binge. "This treatment has been around in ERs to treat dehydration for a long time," says Dr. Adam Nadelson, founder of The I.V. Doc, which offers in-home services in New York City. "If you get fluid into your body, you'll feel better within 30 minutes."



Salt. A high-sodium diet could be hurting more than your heart

Sugar may be the new bad boy of the nutrition world, but that doesn't mean salt is off the hook. But just because it's not raising your blood pressure doesn't mean you can go to town on an entire bag of potato chips.

Two scientists at the University of Delaware found that even without the classic marker of high blood pressure, eating too much salt is hurting the blood vessels, heart, kidneys and even the brain.

Circulation is hurt not just by harder artery walls, but because of reduced functioning by the endothelium, which is the inner lining of blood vessels. Endothelial cells have a role in coagulation, platelet adhesion and the body's immune response.

Salt may also leave you feeling more keyed up by stimulating the sympathetic nervous system, which regulates hormones like adrenaline. "Chronically elevated dietary sodium may 'sensitize' sympathetic neurons in the brain, causing a greater response to a variety of stimuli, including skeletal muscle contraction," co-author William Farquhar says.

The American Heart Association's recommendation of eating less than 1,500 mg of sodium a day is based on salt's known effects on the heart and circulation, but the new research suggests even that may be too much when it comes to the rest of the body. But cutting back on how much salt you put on your food probably isn't enough.

"Approximately 70 percent of the sodium in our diets comes from processed foods, including items that we don't typically think of as salty, such as breads and cereals," says co-author Dr. William Weintraub at Christiana Care Health System. "Also, restaurant food typically contains more salt than dishes prepared at home." **EVA KIS**

RESTAURANT MEALS TEND TO CONTAIN MORE SALT THAN HOME-COOKED ONES. ISTOCK

Beach body beautiful

Kayla Itsines. The 23-year-old Instagram fitness star shares her nutrition tips.

If there's ever a time to avoid Instagram, it's when we're red in the face, huffing and puffing while exercising. But for Kayla Itsines it's all in a day's work(out).

Then again, the 23-year-old fitness instructor is sweat-free and picture-perfect in her posts (@kayla_itsines). It's perhaps the reason that the trainer, based in Adelaide, Australia, has two million followers on Instagram, including Victoria's Secret angel Candice Swanepoel and Australian swimming gold medalist Stephanie Rice.

"I love how it makes me feel, definitely," she tells Metro. "Staying fit keeps me healthy and happy — it positively affects my mood, sleep and self-esteem. I love that my body has created a habit and thrives off exercising."

An avid basketball player and general health enthusiast, she veered off her beauty-therapy path after high school to focus on personal training to help teach others the joy of a healthier lifestyle. Not satisfied with the techniques she was being taught, Itsines developed her own High Intensity Training workouts with the goal of bikini-body confidence and shares them on her website (she's also doing a boot camp tour of the world this spring). Itsines shares before and after images of her clients' success stories.

"Rather than being a weight loss or muscle-gaining program, my guides focus on helping women achieve a particular look, and most importantly, the feeling of absolute confidence," she says.

Itsines' method has a strong nutritional component. She shared her top diet tips to bring your new healthy inspiration into the kitchen.

ELODIE NOËL
MWN

Kayla Itsines lives in Adelaide, a beachside city in Australia, and makes bikini-ready bodies the focus of her program. / JEREMY BUTLER

Kayla's diet tips

1. **Moderation.** A lot of her clients come with an all-or-nothing attitude, which can lead to overeating or, at the other extreme, anorexia. It's OK to treat yourself — just keep it to once a week.

2. **Always eat breakfast.** Fuel your body with complex carbs, protein and healthy fats to ensure you're ready for the day ahead. Try poached eggs with avocado toast.

3. **Eat protein at most meals.** Protein helps you feel fuller for longer and aids in balancing your blood sugar levels.

4. **Be realistic.** Improve your eating habits one step at a time. Make small, realistic diet changes that are going to be maintainable. Soon you'll notice that these small changes have become an entire lifestyle habit.

5. **Variety.** Switch up your ingredients and cooking methods to keep things interesting. Put down the salt and pick up some fresh herbs to punch up flavors.

6. **Be prepared.** This will not only help save money but will also stop you from buying fast food when you just can't be bothered to cook.

7. **Swap it.** There are so many healthier alternatives available, so keep your eyes open for them and make smart choices — like yogurt and berries instead of ice cream.

Favorite moves

Finding motivation

To stick with your fitness goals, make them personally meaningful by answering the question "Why am I doing this?" If you feel your motivation lagging, "Remind yourself why you want to make a change," Itsines says. "There's no better motivation than seeing how far you have come, so start to make healthier lifestyle choices because you want to."

Itsines' favorite way to feel the burn is box jumps. "I motivate myself by measuring my personal progress, so box jumps are perfect. It's so rewarding when you can jump at higher heights and at a faster pace. I love to add in a tuck jump or a pushup in between each jump to really challenge myself." And, of course, she loves a toned core: "Abs, abs and more abs! I love every kind of ab exercise, but if I had to choose one, it would be toe taps."

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Inside HR

VICKI SALEMI

Vicki Salemi is a career and human resources expert and consultant with 16-plus years of hands-on management experience. She's a public speaker, coach, the author of "Big Career in the Big City" and on-air host of "Score That Job."

WHEN MARCH MADNESS TAKES OVER THE OFFICE

It's that time of year again. As brackets become the talk of the water cooler and buzz around college hoops takes center court, there are several ways to navigate March Madness at the office, even when you aren't a big basketball fan.

The next few weeks will be pretty distracting to fans and non-fans alike. / ISTOCK

Get schooled

Let's say hoops aren't really your thing (to my sports-averse sisters out there, I'm talking to you). The question is, will it hurt you if you don't show any interest? Unfortunately, yes — it'll automatically exclude you from conversations with colleagues as well as potential casual conversations with clients. It's the whole small-talk factor. It's not any different than staying on top of the season finale of "Empire" even if you don't watch the show, just to be part of pop culture chit-chat.

Fake it till you make it

March Madness is certainly temporary — you'll blink, and it'll be over during the last tip-off for finals on Monday, April 6. Try to skim the headlines so you know who's playing that day or who just had a major upset. Who knows? You may find it somewhat interesting in the process.

Focus on camaraderie

Whether you could care less about the big games, or if you're really into it, March Madness could be the great equalizer. Check that — the great team builder. Why not reserve a conference room so your team can grab a sandwich during lunchtime and watch a game together? If you're all going to be toggling at your desks between Excel and NCAA March Madness Live anyway, you might as well be hanging together instead of pretending to work.

No distractions

Tune it out

It's a funny thing about March Madness — you're either all in or you're all out. It's a lot like pickles — you either love 'em or hate 'em, but it's rarely lukewarm. So, if you choose to ignore the tournament altogether as well as your colleagues' animated discussions and brackets, you may be tempted to tell them to talk to the hand. Simply stay professional and remain focused. If you need to start wearing headphones at your desk to block out chatter about the previous night's big upset, it's OK to do so.

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Horoscope

♓ Pisces | Feb. 19-March 20
Others may not be too eager to share, making it vital that you observe what everyone does and says.

♈ Aries | March 21-April 20
Hard work will help you turn an idea into cash. You should keep your business relationships separate from your private affairs if you want to avoid a mishap.

♉ Taurus | April 21-May 21
With foresight and planning, an upward trend in your financial picture will develop. Take inventory of your assets and make the necessary adjustments.

♊ Gemini | May 22-June 20
Someone will ask you for help with a money problem. Relationship difficulties will develop if you aren't careful.

♋ Cancer | June 21-July 22
Keep a close watch over personal property. Don't lend or borrow money or possessions. Make sure that you lay down ground rules.

♌ Leo | July 23-Aug. 22
Have faith in your abilities. You have what it takes to succeed, so forge ahead. With sound ideas and attention to detail, you will get what you want and more.

♍ Virgo | Aug. 23-Sept. 22
Be disciplined when it comes to your goals. Whether you join a gym or work out at home, it's important to get moving.

♎ Libra | Sept. 23-Oct. 22
Your favorite hobby or project can help you alleviate stress. Do your best to keep the peace, and strive for harmony.

♏ Scorpio | Oct. 23-Nov. 21
You'll be amazed to discover more about your heritage from relatives. Ask questions in order to gain greater insight into something relevant.

♐ Sagittarius | Nov. 22-Dec. 21
Don't sell yourself short. Taking on extra responsibilities at work will result in a wage increase or give you the confidence.

♑ Capricorn | Dec. 22-Jan. 20
Problems with joint bank accounts or spending will cause tension. Repayments should be a priority. Set up a strict but realistic budget.

♒ Aquarius | Jan. 21-Feb. 18
Be prepared to make a move on a promising offer. Refrain from getting involved in other people's private affairs.

EUGENIA LAST

Sudoku: Easy and hard

					1		7	3
9						4		
2	3		6		5		9	
	5	2			8			4
			2	9	3			
8			5			2	3	
	9		8		6		2	5
		5						8
7	6		1					

	4		2	5				
				3		1	2	6
	6				1	4		
	3	8						7
	2	4				5	1	
1						8	3	
		6	5				8	
4	8	2		6				
				4	9		6	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

President not doing Ferguson any favors

As a retired police officer, I sometimes wonder why any young person out there would ever want to go into law enforcement when thanks to apparent race-baiting by the mainstream media and those in positions of authority like President Obama and outgoing Attorney General Eric Holder, police officers have become target practice for those upset by the decision from the feds not to charge the former officer in Ferguson, Missouri with a crime. It was a justifiable shoot. However, when Holder goes on to "indict' the Ferguson Police Department of widespread and assumed racist-like practices and using sweeping assumptions not based on facts and talking about "disparate impacts" that decision only added fuel to the fire still burning in Ferguson.

The shootings of two police officers outside the Ferguson Police Headquarters on March 11 seems a direct result of the harsh tone of those in the Justice Department feeding racial tensions rather than trying to simmer down that environment.

America needs to bind up its wounds. We need to live as one nation and the only colors that should matter are red, white and blue.

SAL GIARRATANI, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us.**

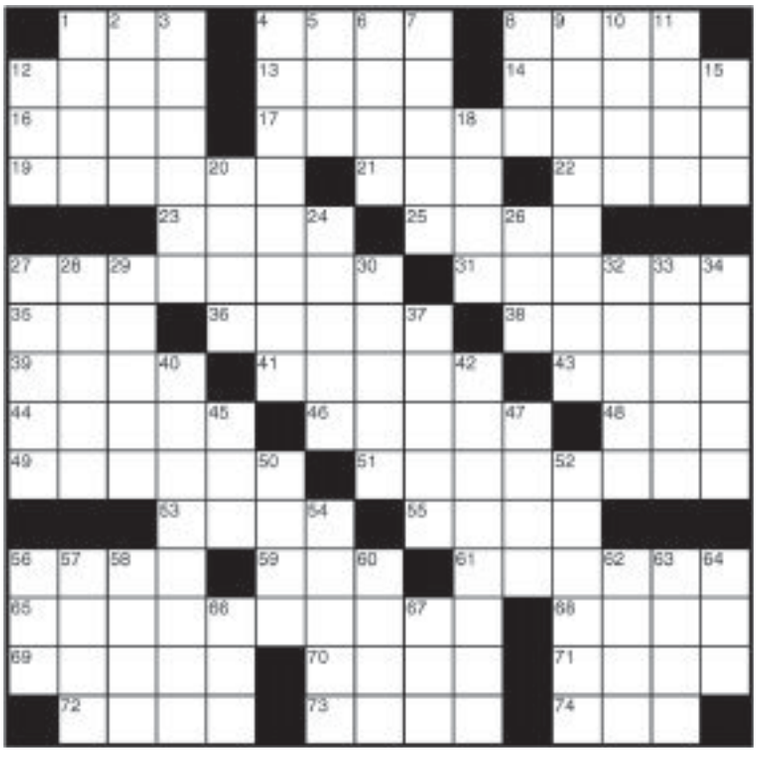
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Ariz. neighbor
4 Water, to Juan
8 Wild guess
12 Tokyo's space pgm.
13 Mama — Elliot
14 Bird call
16 Face sketcher's start
17 Like some hams
19 May-June sign
21 Guanabara Bay port
22 Sporty trucks
23 Ooze out
25 Decays
27 Mends a tapestry
31 Melee
35 Dixie st.
36 Slants
38 Dark
39 Wine purchases
41 Flat boats
43 Kyoto thank you
44 Highly skilled
46 Uproar (hyph.)
48 Prefix for "classic"
49 Cliff-hanger
51 Made angry
53 Tennis star Yannick —
55 Remnant
56 Low voice
59 Wildlife refuge
61 Cream puff
65 Double-dealing
68 Online auction site
69 Atolls
70 In — (as found)
71 Magritte or Russo
72 Siesta
73 Mouse catcher
74 Ave. crossers

Down
1 Pew locale
2 Semester ender
3 Small luggage
4 Carries out
5 Moo goo -- pan
6 Soyuz launcher
7 Moving about
8 — -fi flick
9 Grand, slangily
10 "— it the truth!"
11 Party tray cheese
12 Get some exercise
15 Dell products
18 It's over your head
20 "Hud" Oscar winner
24 Downy fruit
26 Capote, on Broadway
27 Hindu princes
28 Lose a tail
29 Gamble
30 Eavesdrop
32 Thud
33 Singer — Mann
34 Waited in line
37 Excalibur
40 "Frasier" and "Maude," e.g. (hyph.)
42 Braces (2 wds.)
45 Way of Lao-tzu
47 "— plaisir, monsieur!"
50 "Shane" portrayer
52 Gawkers
54 Bank job
56 Loan abbr.
57 Wolf's expression
58 Squirrel abode
60 Black in Paris
62 Be a party to
63 Holm and Fleming
64 Deli loaf
66 Devotee
67 Tony-winner — Hagen

Weekend's answer



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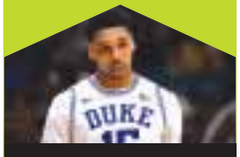

Visit **Metro.us** to see the debut of our 2015 NBA mock draft.

Bracket breakdown

NCAA. Kentucky is looking to make history as it enters the tourney unbeaten.

Kentucky landed the top overall seed in the tournament while Villanova, Duke and Wisconsin also nabbed the top overall spots in their regions.

The West Region looks to be the toughest and the South and Midwest Regions look to be the most controversial as UCLA and Texas slid into the field.

Locally, St. John's and Manhattan are in the field of 68. The Red Storm's Selection Sunday wasn't all that fun, however, as the team learned that junior center Chris Obekpa would be suspended for two weeks for a violation of team rules.

St. John's head coach Steve Lavin did not specify what rules Obekpa broke.

The Red Storm earned a No. 9 seed and will face No. 8 San Diego State Friday in the South Region.

Manhattan, meanwhile, will play a play-in game Tuesday against Hampton. The winner earns the right to play No. 1 overall seed Kentucky.

MATT BURKE and **EVAN MACY**

MIDWEST REGION

Kentucky, no shocker, is the bona fide favorite in the region, carrying an SEC title and unbeaten record as well as two of the NBA's top seven prospects to the tournament with them. A very good No. 4 seed will be hoping to thwart the perfect Wildcats in the Maryland Terrapins. Also keep a eye on No. 2 seeded Kansas
Metro's pick: Kentucky

KENTUCKY EASILY ENTERS THE TOURNAMENT AS THE FAVORITE. GETTY IMAGES

EAST REGION

Villanova is the top seed in the East after a fantastic regular season that only included two losses. They also won their first Big East title in 20 years. The WIldcats will face another Pennsylvania team, Lafayette in Pittsburgh in the first round.

A No. 5-seed sleeper, Northern Iowa could make a deep run if they can handle No. 4 seeded Louisville from the loaded ACC. Another ACC contender awaits at the bottom of the Eastern region in Virginia (No. 2), but watch out, Belmont has pulled off epic upsets in the past and is no stranger to playing as a very low seed.

The feel-good story from Championship week, the Albany Great Danes will look for more divine intervention as the seek an upset against third-seeded Oklahoma. They won their conference tournament after Peter Hooley made a prayer of a three to win just days after his mother passed away.
Metro's pick: Villanova

Villanova earned the No. 1 in the East. / GETTY IMAGES

WEST REGION

How will the West be won? The hard way.

The West is the roughest region as it has a No. 2 Arizona squad that could have easily been a No. 1 and a sharp-shooting Baylor team that quietly put together a fabulous season. Oh, and that little unknown school that wears Tar Heel blue? It's a 4-seed in this region.

North Carolina will face No. 13 Harvard on Thursday as former Blue Devil Tommy Amaker looks to upend Roy Williams' group. No. 1 seed Wisconsin could certainly make it through to Indianapolis, but it will have plenty of battle scars to show off in three weeks if that's so. The Badgers will have a rough matchup this weekend against either No. 8 Oregon or No. 9 Oklahoma State. If you're looking for a No. 12 seed to upset at No. 5, Wofford over Arkansas may be your bet. This portion of the bracket will be busted very early.
Metro's pick: Baylor

Baylor should be a very trendy pick as a No. 3 seed out West. / GETTY IMAGES

SOUTH REGION

For the 13th time, the Duke Blue Devils are a No. 1 seed and Jahlil Okafor and Co. will square off against the winner of North Florida and Robert Morris in the second round. Without question, the most buzz in the South is centered around No. 11 UCLA, which controversially snuck into the field of 68 despite having not beaten many top-notch teams this season. The Bruins will face Larry Brown's SMU squad on Thursday. Duke will see the winner of San Diego State and St. John's while No. 5 Utah will likely match up against No. 4 Georgetown in the third round. The Hoyas are one of those top seeded teams no one is talking about. They racked up 12 wins in a strong Big East Conference this season and posted 21 wins overall. Roll the dice with the Hoyas.
Metro's pick: Georgetown

UCLA is the tournament's "bad guy." / GETTY IMAGES

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Jets fans recently set up a website, BringbackEd.com, calling for the return of Fireman Ed. / GETTY IMAGES

'Fireman Ed' not ruling out return

NFL. Ed Anzalone talks with Metro about a potential comeback.

An online petition to bring back Ed Anzalone as the famed "Fireman Ed" just might be working. Retired from his role as "Fireman Ed" for over two seasons, the "J-E-T-S" chant that Anzalone once led at the Meadowlands and at MetLife Stadium just hasn't been the same. Two years ago, the Jets tried incorporating the 'Aviators' drum corps into the chant with a certain amount of success, a move that kept the chant alive but maybe lacked the personal touch that Anzalone brought. In his first interview on the topic, Anzalone told Metro that he is still retired but didn't squash the idea of a comeback.

"I don't know. I told you the way I feel. Will I come back? I'd rather see someone else make that thing happen then me come back. I'd rather see them give a young guy a fair chance. If that thing needed my help, I'd help," Anzalone told Metro. "If they needed my help I would try to help them in any way I can."

There is no criticism from Anzalone towards the Jets organization, who he says tried to recruit him back last spring to reclaim his role with the team. A retired New York City fireman, Anzalone was prominently featured several times a game on the big screens at the stadium where his familiar fireman's hat and his passionate displays would lead to lusty chanting from fans.

Now, it is those same fans that are reaching out to him, asking for his return.

"The fans will ultimately decide what is going on, not me," Anzalone said. "If I can help out in any way, if I can help out to make that experience what it used to be, I'd never turn my back on the Jets or the fans. [But]I can't live forever. Even if I came back for a short period, someone has to take over. I'm double-nickel, I'm 55. They need a young guy in there. There are plenty of guys willing to do it, but the Jets need to help them do it the right way."

Quoted

"I'm honored people want [me] back. It's an emotional thing, no doubt about it. My love for that team will never die. I never will quit on that team." Fireman Ed Anzalone

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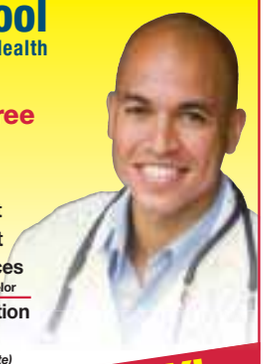

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NOTICE IS HEREBY GIVEN that a license, Serial #1284250 for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 3809 East Tremeont Ave., Bronx, NY 10465. Bronx County, for on premise consumption. M J M Tavern Inc.

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REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

Notice of Formation of Pixel & Dot Letterpress, LLC. Articles of Organization filed with Secy. of State of NY (SSNY) on 02/17/2015. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o United States Corporation Agents,Inc. 7014 13th Ave., Suite 202, Brooklyn, NY 11228. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Full Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 21 South End Ave., New York, NY 10280, for on-premise consumption. Malaysian Kitchen USA Inc. d//b/a Malaysian Kitchen USA

NOTICE IS HEREBY GIVEN that a license, Number 1283738 for Restaurant Wine has been applied fo rby the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 41-08 149th Place, Flushing, NY, for on-premises consumption. SSYN Corp.

Legal Notices

NOTICE IS HEREBY GIVEN that a license, Number 1284521 for Full Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Bar under the Alcoholic Beverage Control Law at 2361 7th Ave., New York, NY 10030. New York County, for on premise consumption. Harlem Nights.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, April 8, 2015 at 2:00 p.m. at 66 John Street, 11th floor, on a petition for Mickey's Place on 43rd St., Ltd. to continue to maintain, and operate an unenclosed sidewalk café at 43-06 43rd Street. In the Borough of Queens for a term of four years.

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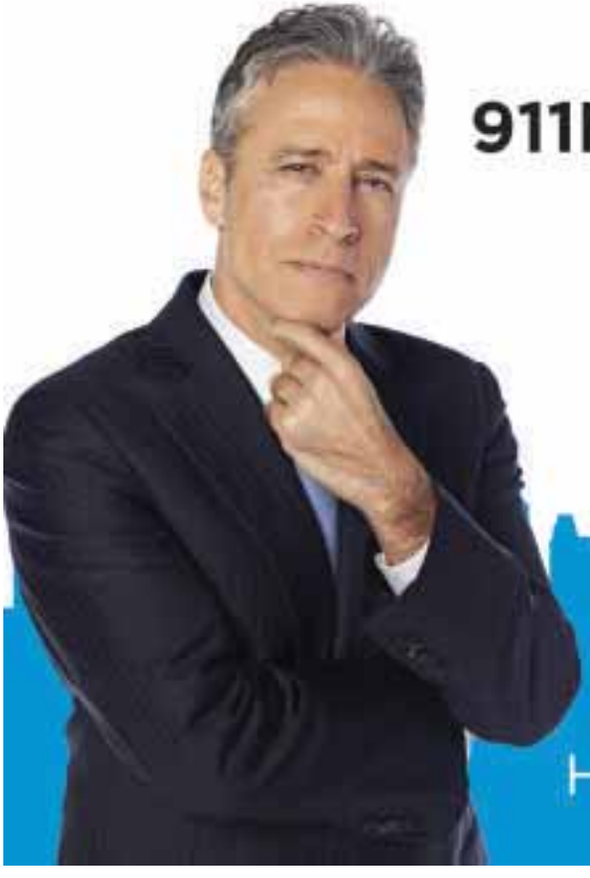

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